

Try our Healthier Alternatives!



Recipes for a Healthier Life!

Healthier Mac-N-Cheese

Ingredients:

- 1 package Whole wheat/white wheat noodles (your choice– we used Smart Taste®)
- 1 block fat-free or reduced-fat plain cream cheese (we used fat-free)
- 2 cups shredded 2% sharp cheddar
- 2 cups shredded 2% mozzarella cheese
- 1 cup skim milk
- 1 egg substitute

Directions:

1. Preheat oven to 350 degrees. Follow directions on noodle box to cook the noodles, omitting the salt.
2. Melt cream cheese on stovetop carefully so not to burn it. Pour milk in slowly and stir frequently.
3. Add sharp cheddar and stir. Once noodles are soft, combine with cream cheese mixture. Add mozzarella cheese. Cheese will be sticky. Pour into casserole dish and bake for approximately 30 minutes, or to desired doneness. Makes 12 servings.

Nutrition Facts: 280 calories, 12 grams of fat, 6 grams of saturated fat
(using fat-free cream cheese, however reduced fat is also an option but would increase calories/serving)

What this means for you: 30% lower in calories, 53% lower in fat, 65% lower in saturated fat

Loaded Recipe:

- 1 package whole wheat noodles
- 1 block regular fat cream cheese
- 4 cups sharp cheddar cheese
- 4 cups shredded mozzarella cheese
- 1 cup milk
- 1 egg beaten

Nutrition Facts for loaded recipe: 400 calories, 26grams of fat, 17 grams saturated fat

To view more recipes or submit your own visit
www.charleston.va.gov/services/nutrition/recipes.asp